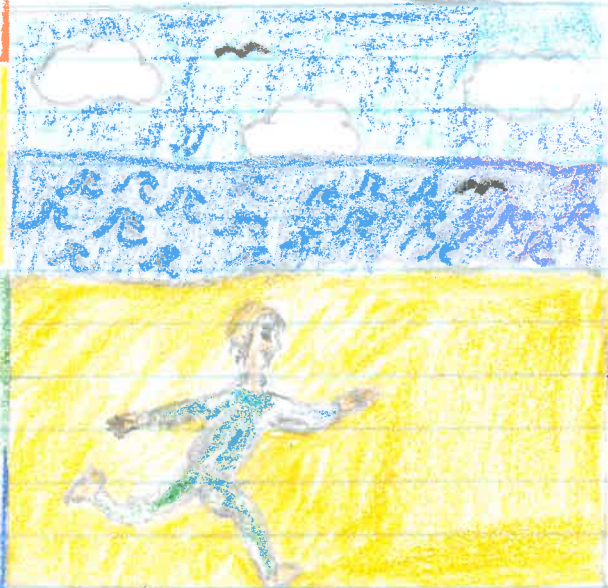


My Smarts



Body smart

I do sports (Judo, Karate, Swimming, walking and running). It's physical education. Makes your muscles stronger and keeps you fit.

Road smart

I look right and left when crossing roads and use pedestrian crossings.

Sun smart

I put on sunscreen regularly, wear a hat, long sleeves, long pants and seek shade in the middle of the day in summer because of u.v. radiation. It ruins your cells and can cause cancer.

Food smart

I do not eat junk food I eat healthy foods and drinks.

Sea smart

I am careful by the sea. I do sea scouting. I go to swimming classes to improve my technique.

Art smart

I am drawing to express myself.

I love the 'new' smarts that you have listed - well done! :)

